BREAKING TECHNOLOGY

PHYSICAL TRAINING

	STRENGTH COMPONENT manual resistance ⊙
	FLEXIBILITY • BALANCE • WIND psychocalisthenics ⊙
	MUSCLE TONE dallas Cowboy set
	RUNNING REMAINS A COMMON INGREDIENT ⊙

this is Randy's work with Penn State.

⊙ CONTRIBUTES TO COHESION

PT is being tailored, diff PT for diff MOS — but running is the common ingredient.